

Appendix F:

Role Participation Matrix

SECURITY and WORK ROLE MATRIX

Legend:	HEd = Higher Ed	Bus = Private Business
SG = State Government	CC = Community College	PA = Professional Association
RG = Regional Government	AEd = Adult Education	NP = Non-Profit
LG = Local Government	Fn = Foundation	CBO = Community Based Organization

For greater detail and reference information, see main body of Aging Plan.

ROLES:	SG	RG	LG	HEd	CC	AEd	NP	CBO	Fn	PA	Bus
SECURITY, WORK RECOMMENDATIONS:											
ECONOMIC SECURITY											
<u>1. Insurance: Health, Supplemental, Long Term Care</u>											
a. Close the Retirement Eligibility Gap. Increase options for health insurance coverage between retirement and Medicare eligibility.	X										X
b. Increase the number of Californians who have private long term care (LTC) insurance.	X										X
1) Explore the formation of large-group risk pooling to achieve lower per-capita group rates and more universal coverage.	X						X				X
2) Employers should be encouraged to expand benefit menu options to include long term care insurance.	ALL		E	M	P	L	O	Y	E	R	S

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SECURITY, WORK RECOMMENDATIONS:											
<u>2. Protect Pension Income</u>											
a. Review the impact of <i>defined contribution pension plans</i> on older adults ability to retire with sufficient income.	X						X				X
b. Steps should be taken to increase the enrollment of persons with disabilities and minority populations into pension programs and to encourage employers to provide such plans.	X										X
<u>3. Asset Protection</u>											
a. Personal Contribution - Older adults should be expected to spend a reasonable amount of their total wealth on their own consumption, to be responsible and self-sufficient. Other than for home and automobile, policies should not protect the assets of those individuals who consume a substantial amount of services or benefits.	X										
<u>4. Dispute Protection</u>											
a. Develop protections for patients in the event of hospital and/ or health plan disputes.	X		X				X				X
WORK, JOBS											
<u>1. Provide Job Training and Supports for Job Seekers</u>					X	X	X	X			
a. Consolidate and revitalize private non-profit and community based organizations' older worker programs.					X	X	X	X			

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SECURITY, WORK RECOMMENDATIONS:											
1) Eliminate service fragmentation, add an older worker advocacy component					X	X	X	X			
2) Provide culturally relevant, job-related supportive services for older workers including: personal and job counseling, job referral services, resumes/job applications and supportive services, including interviewing skills and transportation, health management and appropriate supports for persons with disabilities.					X	X	X	X			
3) Establish or revitalize job development relationships with business and labor					X	X	X	X			X
4) Coordinate relationships with educational institutions to provide appropriate opportunities for career enhancement, job training/ retraining and skill development.							X	X		X	X
b. Community College/Adult Education Job Support Programs					X	X					
1) Implement senior curriculum and services through the Community College system that will provide array of educational and counseling options to help California's older residents enhance their skills and therefore, their opportunities to find and keep jobs.					X						
c. CSU and University of California Job Support Programs				X	X						

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SECURITY, WORK RECOMMENDATIONS:											
1) Offer Extension courses that meet the needs of older working students who need to upgrade skills, and/or participate in certificate programs in order to enhance career change/employment options.				X							
2) Expand offerings over the Internet, work/life credits toward earning a degree, and similar creative methods to support the continuing education needs of the aging workforce.				X							
d. Employers develop internal career coaching/mentoring development programs.	ALL		E	M	P	L	O	Y	E	R	S
2. Jobs											
a. Provide Flexible Work Options – Employers should develop mechanisms for improved work options including flexible scheduling, compressed work week, job sharing, part time/on call employment, “V-time” or voluntarily taking a portion of the year off, and telecommuting. Provide incentives by offering prorated health benefits to part-time employees.	ALL		E	M	P	L	O	Y	E	R	S
b. Employment Navigator Program – Monitor state Employment Development Department (EDD) pilot project. If successful, consider expanding the model to help seniors and persons with disabilities who want to work.	X										

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SECURITY, WORK RECOMMENDATIONS:											
c. Take Action to Eliminate Age Discrimination											
1) Change negative stereotypes of aging that exist in the media and throughout society by incorporating issues of diversity and elder involvement into the Stay Well public information program and on the Industry Coalition on Age Equity and the Media (ICAEM) agenda.	X										
2) Strengthen and reinforce current employment law with regard to age discrimination.	X										
3) Workforce Investment Act (WIA) Disincentives - Urge the Federal Government, Secretary of Labor, to assess the impact of Workforce Investment Act (WIA) performance measures on older workers and adjust them to eliminate disincentives to enrolling older workers in programs funded by the Workforce Investment Act.	X										
d. Enrich/maintain EDD Job Networking Programs	X										
1) In coordination with the CA Employment Development Department, expand "Job Clubs" in One Stop Centers. Job Clubs are voluntary networking associations assisting workers to find employment.	X						X	X		X	X

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SECURITY, WORK RECOMMENDATIONS:											
2) Job seekers in professional, technological, and managerial occupations should take advantage of EDD-sponsored “Experience Unlimited” chapters.	X						X	X		X	X
e. Employers should provide training to managers and supervisors on interacting with adults with disabilities.	ALL		E	M	P	L	O	Y	E	R	S
PREVENT ABUSE											
<u>1. Expand Abuse Hot Line</u>											
a. Review options for expanding the Attorney General’s Abuse Hot Line program, which addresses financial abuse and fraud, to include reporting of physical, psychological, abuse, and neglect in community settings.	X										
<u>2. Coordinate Resources</u>											
a. Develop a statewide process to effectively coordinate exiting local, state and federal resources to address elder abuse. Ensure that law enforcement and prosecutors involved in the system are aware of the laws, have the necessary specialized training and are working together to bring cases to trial.	X	X	X					X	X		

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SECURITY, WORK RECOMMENDATIONS:											
<u>3. Peace Officer Training</u>											
a. Add a course to the basic Peace Officer Standards and Training (POST) curriculum on how to recognize physically and mentally abused elders, and patterns of elder abuse in families and communities. This training should also include recognizing abuse of persons with disabilities.	X		X	X					X		
b. Provide funding for elder abuse prevention and intervention.			X								
1) Provide funding for Adult Protective Services in order to ensure protection of one of California's most vulnerable populations from theft, neglect and abuse.			X								
2) Encourage local government to maintain funding for adult protective services, elder abuse investigators and prosecutors.			X								
<u>4. Caregiver and Provider Training</u>											
a. Incorporate elder abuse awareness in continuing education and training for caregivers at all levels.	X		X				X	X			X
AGING AWARENESS CAMPAIGN											
<u>1. Develop and implement a statewide public awareness campaign.</u>	X		X	X			X	X	X		
a. Promote habits that will enhance successful aging	X		X	X	X	X	X	X	X		
b. Focus on the actual and potential contribution of the senior population to society	X		X	X			X	X	X		X

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SECURITY, WORK RECOMMENDATIONS:											
c. Deal with issues such as elder abuse and other cross-cutting issues.	X		X				X	X	X		

TRANSPORTATION ROLE MATRIX

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TRANSPORTATION RECOMMENDATIONS:											
TRANSPORTATION SERVICES											
<u>1. Create Mobility Management Centers</u>											
a) Implement Mobility Management Centers to connect people to a continuum of transit services.	X		X					X			X
b) These Centers would include Mobility Training Programs to familiarize riders with appropriate transit mode, reserving paratransit, escorted, and medical services as safety net modes, rather than as a first choice.	X		X					X			
c) Subject to the availability of funds, Area Agencies on Aging (AAAs) should assign a staff person the role of Transportation Coordinator, acting as a liaison to the Mobility Management Center.	X		X					X			
d) Elevate Regional Center Transportation Coordinators to full time positions with adequate resources.	X		X					X			

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TRANSPORTATION RECOMMENDATIONS:											
e) Attach “mobility management centers” to Consolidated Transportation Services Agencies (CTSA). Where CTSA’s do not currently exist, Regional Transportation Planning Agencies and Local Transportation Commissions should be required to make such designations pursuant to the Social Service Transportation Improvement Act (AB 120, 1979)	X		X					X			
<u>2. Create a California Mobility Council</u>											
a. Subject to available resources, develop a California Mobility Council to become the organization responsible for removing barriers between programs, monitoring performance, ensuring communication and cooperation among Mobility Management Centers, and adapting state policy as needed.	X		X				X	C T S A			X
<u>3. Improve and Expand Public Transportation Options to Address Transit Needs of Elderly Persons</u>								C T S A			
a. Amend the State Transportation Development Act and related regulations to ensure that all unmet transit needs in rural areas that are reasonable to meet are adequately identified and addressed.	X	X	X				X	X			

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TRANSPORTATION RECOMMENDATIONS:											
b. Call for each transportation planning agency to develop and annually update a Strategic Mobility Plan for Aging Riders utilizing a variety of transit modes to meet the demand. Include, but not be limited to: paratransit, flexibly routed neighborhood-based small bus service, route deviation service, call-a-bus service, user-side taxi subsidies, and other innovative accessible alternatives.	X	X	X					C T S A			X
c. Amend housing and social service facility funding application eligibility criteria to include consideration of direct access to transit in the location of all new services, and at the time contracts for services at existing locations are reviewed for renewal.	X	X	X					X			X
d. Amend the state Transportation Development Act to permit Article 4 funds to be used to provide community transit services and include CTSA as eligible claimants.	X	X	X				X	X			
<u>4. Provide Incentives for Technological Improvements</u>											
a. Subject to the availability of resources, develop policy and funding to provide at a minimum:	X	X							X		

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TRANSPORTATION RECOMMENDATIONS:											
1) Incentives for the production of clean, safe and accessible public transit and paratransit systems, including the replacement of conventional lift-equipped buses with buses with low floor buses with automatic ramps.	X	X							X		
2) Support for increased annual appropriations and authorization levels for federal programs that serve rural and urban elderly and disabled populations. These include Federal Transit Administration (FTA) Section 5310 and Section 5311 programs. Efforts need to be continuous.							X				X
3) Support for new federal sources to fund operating and capital costs for innovative accessible alternatives to fixed route and rail transit services.							X				X
4) Enforcement of federal regulations that call for coordination among federally supported transportation programs. California Department of Transportation, the Area Agencies on Aging and the FTA should all be involved.	X	X		X					X		
<u>5. Increase Driver and Pedestrian Safety</u>											
a. Implement the recommendations of The Task Force on Older Adults and Traffic Safety (OATS) report. The Task Force detailed 53 action items.		X									

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TRANSPORTATION RECOMMENDATIONS:											
6. <u>Provide Functionality-Specific Training</u>											
a. Provide Safe Driver Training - Mature driver education programs and materials should be specifically matched to participants' functional needs.		X					X	C T S A	X		
b. Provide Mobility/ Public Transportation and Travel Training		X						C T S A			
1) Provide older driver training in areas not currently served by CTSAs.		X						X			
2) Use "how to use public transportation" training currently provided by CTSAs and public transit operators as a model.		X						X			
3) Provide training to drivers in how to safely transport older adults and persons with dementia.		X						X			
7. <u>Provide Transportation Alternatives for Californians of all Ages with a Special Emphasis on Those who Choose Not to or Can No Longer Drive</u>	X	X	X					X			
a. Depression Prevention Programs are needed to help older adults (and their families and caregivers), who experience age-related health and functional decline and decide to stop driving, make the transition between driving and not driving.	X		X		X	X	X	X			X

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TRANSPORTATION RECOMMENDATIONS:											
b. Provide an affordable and equitable range of transportation alternatives for persons who choose not to drive or have lost their drivers licenses due to not passing a visual, written, or behind-the-wheel driving test.		X	X				X	X			X
c. Older adults who are no longer driving should be referred to the Mobility Management Centers to be connected to the appropriate transit service mode, and receive training on how to access such services. In addition, increased operational and capital funding should be made available to these coordinated transit programs to handle the increased demand.	X	X	X					X			X
d. Research is needed in pre-cessation planning and educational techniques that would create, identify, and test strategies to help drivers cope before, during, and after driving cessation. Such research should include assessments of whether such programs reduce the likelihood of depression among older drivers going through this process.	X			X			X		X		
<u>8. Support Pedestrian-Oriented Transportation Facilities and Services</u>		X	X				X		X		X
a. Provide balanced transportation/mobility options to make it possible for residents to have options to walk, bicycle or take transit to shop, work or participate in activities.											

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TRANSPORTATION RECOMMENDATIONS:											
SERVICE INTEGRATION AND COORDINATION											
<u>1. Plan and Implement Integration and Coordination Strategies</u>											
a. Subject to the availability of funds conduct a Mobility Summit.	X						X	C T S A			
b. Conduct an assessment of the adequacy of available transportation resources to provide access to Medi-Cal services, and make recommendations to address gaps and inadequacies.	X	X	X				X	X	X		
<u>2. Provide a continuum of coordinated services</u>											
a. Consolidated Transportation Service Agencies (CTSA) should take the lead in facilitating coordinated social services transportation, per AB 120 (Statutes of 1979).	X	X	X				X	C T S A			X
b. The Department of Transportation would work with the CTSA's, and other paratransit providers and advocacy groups, in a support role.	X	X	X				X	C T S A			X

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TRANSPORTATION RECOMMENDATIONS:											
<u>3. Strengthen Consolidated Transportation Service Agencies</u>											
a. Subject to available resources to increase funding and authority of the Consolidated Transportation Service Agencies (CTSAs) to implement their mission. Expand their mission to designate them as “Mobility Managers,” and the source of travel and mobility training.	X										
<u>4. Take a More Proactive Role in Land Use and Local Housing Planning Processes to Ensure Transit-Oriented Development</u>											
a. Ensure that public transit is addressed at the new development planning stage, before buildings are built.	X	X	X				X	X			
b. Human service agencies should expand participation in the transportation service planning process to get better transit service for their older clients.	X	X	X				X	X			

HOUSING CONTINUUM ROLE MATRIX

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HOUSING CONTINUUM RECOMMENDATIONS:											
AFFORDABLE HOUSING SUPPLY											
<u>1. Target Low-Income Housing Tax Credits.</u>											
a. Include older low income adults in the priorities for the allocation of low-income housing tax credits. A tax credit program should include more supportive housing, housing linked to services, and assisted living.	X										
<u>2. Create Direct Financing Programs.</u>											
a. Explore the creation of a state housing trust fund as an ongoing and dedicated source of funding for affordable housing that includes earmarked funds to help finance a range of supportive housing options for the elderly.	X		X								

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HOUSING CONTINUUM RECOMMENDATIONS:											
3. <u>Ensure a Fair Share of Senior Housing</u>											
a. Explore potential for funding senior housing through the Housing and Emergency Shelter Trust Fund Act of 2002.	X										
b. Add “frail elderly,” “at-risk elderly,” and/or “very low income” elderly under the Special Needs definition in HCD’s Multi-family Housing Program to insure that the needs of vulnerable elderly are met.	X										
4. <u>Rental Assistance.</u>											
a. Maintain current proportion of Section 8 vouchers going to seniors.	X		X					PHA			
1) To increase supply encourage more project-based section 8 funding to property owners rather than increasing vouchers to individuals.	X		X								

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HOUSING CONTINUUM RECOMMENDATIONS:											
<u>5. Encourage the Development of Partnerships</u>											
a. In the competitive ranking of applications for senior housing dollars, California Housing Finance Agency and California Department of Housing and Community Development (HCD) should encourage the development of partnerships with organizations such as Health Maintenance Organizations (HMOs), community-based care systems, organizations representing persons with disabilities, public health, transit providers, and second career employment programs.	X		X				X	X			X
HOUSING IN ADEQUATE CONDITION											
<u>1. Identify Funding Sources and Resources.</u>											
a. Make funding for home improvements a priority in the state's Consolidated Housing Plan.	X										
1) Expand the use of federal funding sources for home improvements, including the Community Development block Grant Program and the HOME program.	X										
2) Consider a state low-interest loan program for home repair for low-income residents.	X										
3) Work with the private and non-profit sector on initiatives that support home repair, e.g., "adopt a neighborhood" or similar program.	X						X	X			X

ROLES:	SG	RG	LG	HEd	CC	AEd	NP	CBO	Fn	PA	Bus
HOUSING CONTINUUM RECOMMENDATIONS:											
4) Enforce codes to keep rental housing in good condition.	X		X								X
ACCESSIBLE HOUSING											
<u>1. Encourage Visitability and Universal Design.</u>											
a. Provide incentives for local governments to adopt mandatory universal design guidelines and ordinances.	X	X	X								X
b. Provide incentives for builders and developers to adopt visitability design in housing funded by the state.	X	X	X								X
<u>2. Strengthen Support of Home Modification by Community-Based Programs</u>											
a. Include comprehensive home assessments in home and community-based services programs (e.g., MSSP and other case management services) to help older persons to age in place for as long as possible.	X		X	X			X	X			
b. Community service providers should be trained in Fair Housing Laws to improve their ability to advocate with landlords for improvements in housing settings.	X		X	X			X	X			

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HOUSING CONTINUUM RECOMMENDATIONS:											
c. Review local government housing elements including programs, services, and funds for accessibility to ensure that they include adequate sites for all housing needs, including households with special needs.	X		X	X			X	X			
d. Provide local housing entities with information on the Olmstead decisions and emphasize the importance of making housing available to meet Olmstead goals.	X		X	X			X	X			
e. Require that Consolidated Plans and Housing Elements reflect Olmstead goals as a condition of certification.	X		X	X			X	X			
f. Establish a Senior/Olmstead Ombudsman and grievance procedures to process reports of non-compliance.	X		X	X			X	X			
APPROPRIATE HOUSING & SERVICES											
<u>1. Utilize New Integrative Models of Elderly Housing.</u>											
a. Increase flexibility in the use of funds at the state and local levels to allow the creation of new housing development models that incorporate transportation, community spaces, safe walking routes, safe routes to transit stations/stops, and park and recreational facilities/services.	X		X								X

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HOUSING CONTINUUM RECOMMENDATIONS:											
b. Increase flexibility in the use of funds at the state and local levels to allow the adoption of multi-use models of housing that incorporate both public (e.g., senior centers, day care centers, classrooms) and commercial spaces (e.g., restaurants, stores).	X		X								X
c. Provide incentives or priorities for California Housing Finance Agency (CalHFA) senior housing financing applications that demonstrate innovation by providing housing linked with services by encouraging partnership between developers, service providers, and other community organizations.	X						X	X			X
d. Develop closer working relations among HCD, California Department of Transportation, CDA, and California Health and Human Services Agency (HHSA) in order to foster innovative and practical housing developments including intergenerational living arrangements.	X										
e. Encourage area plans developed by the area agencies on aging to incorporate and advocate intergenerational living opportunities, integrated housing and active living models.		X	X				X	X	X		

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HOUSING CONTINUUM RECOMMENDATIONS:											
INTEGRATE COMMUNITY PLANNING WITH SENIOR AND LONG TERM CARE PLANNING											
<u>1. State Enforcement of the Housing Element in Local General Plans.</u>											
a. Strengthen state housing element provisions and enforcement to insure that all local governments plan and produce housing for all people in the community:	X		X								
	C	O	U	R	T	S					
1) Actually use “in lieu fees” for affordable housing projects and modifications.		X	X								
2) Submit housing plans with elements that address the local need for senior housing.		X	X								
3) Submit housing plans that address mobility and transportation needs			X				X	X			X
<u>2. Ensure Housing Planning is Consistent with Olmstead Plan.</u>											
a. HCD and the other Long-Term Care Council (LTCC) participating departments should evaluate planning policies and practices to ensure that planning for housing is consistent with California’s Olmstead Plan.	X	X	X								

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HOUSING CONTINUUM RECOMMENDATIONS:											
<u>3. Incentives for Smart Growth Projects.</u>											
a. Develop policy to ensure that, in competitive funding processes in which state money for housing is distributed, the state offers preferential treatment to those applicants who incorporate Smart Growth principles.	X	X	X								
b. Encourage compact multi-generational, mixed use neighborhoods that make it easy for residents to walk or bicycle to stores, parks, and social destinations.	X	X	X				X	X	X	X	X
c. Apply Smart Growth, mixed use, intergenerational, active living, transit-friendly principles to the improvement of existing neighborhoods, as well as new projects.	X	X	X				X	X	X	X	X
<u>4. Increased Emphasis on Transportation Needs in Community Design Criteria</u>											
a. Going forward, access to housing by public transportation should be a criteria for project location and /or funding. The costs of client transportation to the client, the service organization and affected agencies must be considered.		X	X				X	X			X
<u>5. Strengthen Advocacy Efforts</u>							X	X	X		
a. Consumers and advocate community-oriented organizations need to take more responsibility for getting involved in urban and regional planning											

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HOUSING CONTINUUM RECOMMENDATIONS:											
<u>6. Counties should consider adopting inclusionary zoning ordinances, which require mixed-income housing.</u>											
COLLECT BETTER HOUSING DATA											
<u>1. General Data Needs</u>											
a. Data should be collected and analyzed on the housing needs of the elderly in California, including the need for supportive housing and assisted living, the prevalence and need for affordable housing among the elderly, and updated information on the characteristics of senior housing facilities and residents.	X	X	X	X							
<u>2. Supply Related Data</u>											
a. Subject to the availability of resources develop a database of housing resources available to seniors and persons with disabilities in each city and county. Information will be collected on the number of Section 8 housing vouchers available.	X	X	X								
b. Subject to the availability of resources track the number of subsidized public housing units, including the number of those units that are occupied by people without disabilities, number of bedrooms and bathrooms in each unit, and any other data deemed relevant for planning purposes.	X	X	X								

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HOUSING CONTINUUM RECOMMENDATIONS:											
c. Local governments should identify supply and location of housing units that are accessible and/or convertible.	X	X	X								
d. Make this information available to the public in a database where individuals can learn about the availability of accessible and affordable housing in their communities.	X	X	X								
ASSISTED LIVING/RESIDENTIAL CARE AND NURSING HOMES											
<u>1. Revise the Assessment Process</u>											
a. Individual assessments must be completed prior to admission in any type of residential facility to determine supports and services needed for individuals to make an informed choice for the consumer as to the most appropriate and integrated setting.	X						X	X			X
b. The individual assessment/planning process should be “person-centered” and focus on the person’s goals, desires, cultural and language preferences, abilities and strengths as well as relevant health/wellness/ behavioral issues and skill development/training needs.	X						X	X			X

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HOUSING CONTINUUM RECOMMENDATIONS:											
<u>2. Improve Affordability of Assisted Living Facilities (ALF).</u>											
a. Explore governmental funding sources, such as Supplemental Security Income, HUD Section 8 vouchers, and the Medicaid waiver program to pay for housing and services in assisted living facilities (licensed as residential care facilities for the elderly).	X										
<u>3. Make Assisted Living a Medi-Cal Program</u>											
a. Implement a scientifically valid implementation of the AB 499 Assisted Living Waiver Project.	X										
b. Explore the possibility of applying to the Federal Government for a permanent waiver for assisted living.	X										
<u>4. Evaluate barriers to private third-party and Medi-Cal reimbursement for Residential Care Facilities for the Elderly (RCFE)</u>	X										
<u>5. Ensure the Quality of All Assisted Living/Residential and Nursing Facilities</u>											
a. Increase funding, quality and frequency of the <i>survey and certification</i> of nursing homes.	X										

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HOUSING CONTINUUM RECOMMENDATIONS:											
1) Ensure that the focus is on quality outcomes of patients in the survey. Focus on patient outcome measurements as the basis for the survey.	X	X									
2) Provide adequate funding/staff to enforce the standards of care that are required by the Federal nursing home reform law.	X	X									
3) Fund unannounced, annual, comprehensive inspections	X	X									
b. Address workforce issues so these facilities will attract qualified persons who are well trained and adequately compensated	X	X									
c. Require geriatric and dementia training/ education for all of owners/managers	X	X									
d. Establish uniform standards for admission agreements that ensure language is clear and readable, not using legal terminology, and provides full disclosure of services and fees.	X	X									
e. Subject to the availability of resources, fund the state's ability to ensure quality	X	X									
1) Fund the state's ability to respond to complaints in a timely manner	X	X									
2) Provide adequate funding for the ombudsmen program and increase the public's awareness of this resource	X	X									
3) Ensure quality of care through adequate reimbursement rates	X	X									

ROLES:	SG	RG	LG	HEd	CC	AEd	NP	CBO	Fn	PA	Bus
HOUSING CONTINUUM RECOMMENDATIONS:											
<u>6. Make nursing homes/institutional structures more home-like and supportive of independent living.</u>											
a. Create incentives in the form of lower interest loans or loan preferences to assist nursing facilities that adopt principles and undertake architectural changes to make the institutional structure look and feel home-like and supportive of independent living.		X	X				X		X		X

STAYING WELL ROLE MATRIX

Legend:	HEd = Higher Ed	Bus = Private Business
SG = State Government	CC = Community College	PA = Professional Association
RG = Regional Government	AEd = Adult Education	NP = Non-Profit
LG = Local Government	Fn = Foundation	CBO = Community Based Organization

ROLES:	SG	RG	LG	HEd	CC	AEd	NP	CBO	Fn	PA	Bus
STAYING WELL RECOMMENDATIONS:											
HEALTHY AGING											
<u>1. Promote the Development and/or Expansion of Innovative Community-Based Programs that Support Healthy Aging</u>											
a. Subject to the availability of resources expand or establish programs that provide technical and consultative assistance to local government and non-profit organizations in order to increase access and availability of lifestyle behavior programs.	X						X	X	X		X
b. Programs should facilitate participation of older adults in activities such as improved nutrition and increased levels of physical, recreational and social activity.	X		X				X	X	X		X
c. Expand community based programs that encourage physical activity. Examples include, <i>The California Active Aging Project</i> and <i>America On The Move</i> .	X		X		X	X	X	X	X		X

ROLES:	SG	RG	LG	HEd	CC	AEd	NP	CBO	Fn	PA	Bus
STAYING WELL RECOMMENDATIONS:											
d. Develop and offer classes in cognitive stimulation that emphasize active participation and structured exercises.	X		X		X	X		X	X		X
e. Improve access to routine physical and behavioral health care with the use of mobile health clinics and temporary health clinics at locations people congregate, such as senior centers or faith-based facilities.	X		X				X	X	X		X
1) Establish transportation programs that take seniors to classes and programs.	X		X				X	X	X		
<u>2. Expand Access to Information on How to Stay Healthy</u>											
a. Subject to the availability of resources, expand knowledge of and access to information on how to stay healthy that is user- friendly, reliable, up-to-date, and accurate. Disseminate this information on the Internet, through community based senior centers, faith- based organizations and businesses frequented by seniors.	X		X	X	X	X	X	X	X	X	X
<u>3. Develop a dynamic public awareness campaign</u>											
a. Subject to the availability of resources, develop a campaign that will increase the public's awareness of aging and the activities that support aging successfully.	X						X		X	X	

ROLES:	SG	RG	LG	HEd	CC	AEd	NP	CBO	Fn	PA	Bus
STAYING WELL RECOMMENDATIONS:											
CIVIC ENGAGEMENT											
<u>1. Volunteerism</u>											
a. Promote Civic Engagement to Serve and Offer Opportunities for Service to Older Adults	X						X	X	X	X	
1) Work with the Governor's Office on Service and Volunteerism – GOSERV	X										
• Expand opportunities for engaging seniors and to set standards for effective training and supervision of volunteers.	X										
2) Establish a Service and Volunteerism Committee under the California Commission on Aging.	X										
3) Work with Supt. of Schools and Higher Education to promote volunteerism.	X			X	X	X	X	X	X		
4) Business Support - Encourage workers to volunteer with aging adult programs by developing programs that provide incentives for volunteers.							X				X
• Allow workers to take time off to volunteer. For example, companies could sponsor volunteerism days once a year.	ALL		E	M	P	L	O	Y	E	R	S
<u>2. Broadly Implement Life Long Learning Best Practices</u>											
a. Policy Recommendation: Maintain and enhance model programs that provide no or low cost educational enrichment programs to seniors.				X	X	X	X		X		

ROLES:	SG	RG	LG	HEd	CC	AEd	NP	CBO	Fn	PA	Bus
STAYING WELL RECOMMENDATIONS:											
3. <u>Continue to Support Parks and Recreation Programs</u>											
a. When updating the State Parks Master Plan incorporate considerations of the elderly, both as users and volunteers.	X	X	X				X		X		
b. Local government is encouraged to maintain funding for recreation programs and Community Centers supporting the senior community.			X				X	X	X		
c. Recognize and encourage continued support for focal point senior centers that are promoting healthy aging and exemplary programs for seniors of all ages.			X				X	X	X		
PREVENTIVE HEALTH CARE											
1. <u>Fund the Preventive Health Care for the Aging Program</u>											
a. Subject to the availability of resources, consider expanding the Preventive Health Care for the Aging (PHCA) program to all counties as an investment that avoids even more costly acute, primary care and long term care expenditures.	X	X	X				X		X		
2. <u>Fund Screening Programs</u>											
a. Support culturally appropriate older adult health screening programs throughout the State	X		X				X	X	X	X	X

ROLES:	SG	RG	LG	HEd	CC	AEd	NP	CBO	Fn	PA	Bus
STAYING WELL RECOMMENDATIONS:											
b. Subject to availability of resources set eligibility for screening programs to include persons age 55 and over who may no longer have health insurance through an employer or never had health insurance and are not yet be eligible for Medicare.	X		X				X		X		
c. N/A											
d. Implement a community-based vision screening program to detect diabetic retinopathy, macular degeneration, glaucoma.	X		X				X	X	X		
e. Encourage primary care doctors do a first level of Alzheimer/dementia assessment annually for their patients over 65 years of age.	X			X			X				X
1) Identify early markers of Alzheimer's so diagnosis can be made prior to manifestation of symptoms.	X										
3. Teach Prevention											
a. Encourage health care providers to teach techniques to prevent or reduce chronic functional problems and disabilities.	X		X				X	X	X		X
b. Building upon the current infrastructure, increase education of primary care providers and other health professionals to enable them to evaluate and respond to risk factors and/or early signs of diseases associated with aging including an individual's risk for fall injury.	X		X	X	X		X	X			X

ROLES:	SG	RG	LG	HEd	CC	AEd	NP	CBO	Fn	PA	Bus
STAYING WELL RECOMMENDATIONS:											
c. Expand courses in fall prevention for consumers. Address fall risk factors including, but not limited to: muscle weakness, hypotension, and medication side effects. Stress home assessment to remove physical risk factors.											
d. Expand courses on nutrition and simple preparation of healthy meals.											
4. Encourage Physical Activity											
a. Continue funding public health programs that encourage physical activity.	X		X				X	X	X		
b. Facilitate participation of older adults in activities such as improved nutrition and increased levels of physical, recreational and social activity.	X		X				X	X	X		
1) Local governments should address the importance of physical activity by championing community design that incorporates walking, bicycling and active lifestyles.		X	X				X		X		
4. Discourage Tobacco Use											
a. Continue funding public health programs, such as the California Tobacco Control Program, that discourage tobacco consumption through targeted approaches to subgroups of older Californians with continued high rates of smoking.	X						X	X	X		

ROLES:	SG	RG	LG	HEd	CC	AEd	NP	CBO	Fn	PA	Bus
STAYING WELL RECOMMENDATIONS:											
<u>5. Alcohol and Chemical Dependency</u>											
a. Develop funding for alcohol and chemical dependency education and awareness campaigns targeted to seniors. Include screening and referral. (Also see Health element: Alcohol and Medication Misuse in Older Adults)	X		X				X		X		